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SPEAKING TO OTHERS ABOUT MY METAPHYSICAL EXPERIENCES

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

Ever since I was a young teenager, I have been thoroughly fascinated by and drawn to a multitude of metaphysical topics. There is another world out there that we can't physically see with our eyes, touch with our fingers, or hear with our ears (at least not most of the time- though there are exceptions.) I've spent many years working with my non-physical body attempting to astral project, lucid dream, have an out-of-body experience, and even communicate with those who have passed away. And I know I'm not the only person who is interested in these topics or who is working towards a more spiritually enlightened lifestyle. There are millions out there embracing, learning about, and studying the metaphysical world. And usually, since these topics are such an intangible thing, those attempting to do this have a hard time articulating their experiences in a clear language.

What I find truly fascinating about Robert Monroe and his work with the Monroe Institute, specifically, is that he took these (at the time semi-abstract) concepts, and he gave them their own language so that anyone looking to study these topics could easily communicate about them with each other in the same language.

As I grew up and learned to meditate, I would find myself feeling unique as I accomplished different goals throughout my meditation practices. I would try to manifest and feel a certain sensation as I manifested the future I wanted to see for myself. I would begin lucid dreaming sometimes or I would find myself completely out of this world as I got lost in a creative flow. I even had several experiences where I was contacted by those who has passed away as I laid in my bed in between wake and sleep, and these were experiences I could barely begin to explain. I could describe these sensations to the best of my ability, but I was never speaking a clear, concise language in my attempts to describe them.

Then, I came to the Monroe Institute, and I began studying all these levels of consciousness discovered by Bob Monroe, and I learned quite quickly that I had been to most of these focus levels he was discussing before. I had been both stuck in a creative flow and in between wake and sleep in Focus 22. I had manifested from Focus 12 and Focus 15 many, many times. I had been truly relaxed and calm in Focus 10. I just didn't know how to appropriately express or label these experiences.

And that was when I was wonderstruck by what Bob did. He labeled, or provided guideposts on if you will, all these levels of consciousness. He created a language for these sometimes-abstract concepts so people could communicate and talk about them. He created a language for a world that had none. Suddenly, I can speak with other Monroe alum and discuss these experiences I had in different focus levels, and we completely understand each other. Everyone can suddenly relate their experiences with mine in a clear, consistent way. We all know how we, personally, feel in Focus 12, but no two people's journeys will ever be the same. We all have our own experiences, so having the knowledge of what being in a specific state feels like for us and being able to discuss these different experiences in a group setting is powerful. And we can do this thanks to Bob. He added a label to concepts I have only been able to feel before. And, suddenly, I could communicate in a new way with new friends.

Communication is so important to our health as human beings. Most of us crave meeting like-minded people, and could you even imagine going multiple days without communicating with anyone? It's our most life-changing and exiting moments that we wish to share with others the most, and, for me, those moments usually exist in my metaphysical life. And Bob gave me a tool to communicate my experiences clearly with others. Perhaps, that's the most exciting part of my journey at the Monroe Institute so far. Bob gave me a language to appropriately articulate my metaphysical experiences.